

Chicken Tikka Pita with Cucumber Raita

Makes: 4 Servings

“My dad is from India and I like Indian food, especially chicken tikka masala,” says Shakthi. “I asked my dad how I can make chicken tikka masala and make it like a sandwich. I love chicken and I also like to eat a lot of vegetables. This recipe combines all these things and is very tasty and delicious. In the summer most of the vegetables we eat are from our garden. The cucumber raita dressing makes it delicious.”

Ingredients

For the Chicken Tikka:

- 1 pound** chicken breast, boneless, skinless, cubed
- 1 cup** low-fat yogurt
- 1 1/2 teaspoons** ginger-garlic paste (can use $\frac{3}{4}$ teaspoon ground ginger and $\frac{3}{4}$ teaspoon minced garlic)
- 1 1/2 teaspoons** cumin powder
- 1 teaspoon** red chili powder
- 2 teaspoons** garam masala (or coriander seed)
- Dash to 1 teaspoon salt
- 1 teaspoon** freshly ground black pepper
- 3 teaspoons** tikka masala
- 1 1/2 teaspoons** fresh lemon juice
- 1 tablespoon** olive oil

For the Cucumber Raita:

- 2** hot house/English cucumbers, quartered
- 3** sprigs mint
- 20 ounces** plain Greek yogurt
- 10 ounces** low-fat sour cream
- 1/2 teaspoon** roasted ground cumin
- 1 teaspoon** salt

To Assemble:

- 4** pita breads
- 1** onion, peeled and chopped
- 2** carrots, peeled and shredded
- 2** green bell peppers, seeded and cut lengthwise
- 1** cucumber slice



Nutrition Information

Nutrients	Amount
Calories	592
Total Fat	21 g
Saturated Fat	8 g
Cholesterol	115 mg
Sodium	600 mg
Total Carbohydrate	47 g
Dietary Fiber	7 g
Total Sugars	16 g
Added Sugars included	N/A
Protein	56 g
Vitamin D	N/A
Calcium	502 mg

Directions

1. **To make the Chicken Tikka:** In a large bowl, combine the chicken with the remaining ingredients and marinate, covered, in the refrigerator, for a minimum of 4 hours or overnight.

2. **Preheat the broiler.** Remove the chicken from the marinade, place it in an oven--safe skillet and broil for about 15 minutes, or until cooked through.

3. **To make the Cucumber Raita:** In a medium bowl, combine the raita ingredients.

4. **To Assemble:** Layer each pita bread pocket with vegetables, chicken, and cucumber raita.

The 2016 Healthy Lunchtime Challenge Cookbook